



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Wellness Center Hours</b>                      Mon.—Thurs. 6:00 am—6:00 pm                      Friday 6:00 am-5:00 pm                      Sat. &amp; Sun. 11:00 am—4:00 pm</p> <p><b>Wellness Center Room Key:</b>                      WR – Weight Room                      AR – Activity Room                      TCT – Terrace                      T/G— Towers &amp; Gables</p>	<p><b>Wellness Center Services</b>                      Massage Therapy— Libby Cozza                      (503) 318-3612                      Physical Therapy— Pat Franko                      (503) 654-1939                      Umpqua Bank—Ellen Morrison                      (503) 359-9629                      Fit as a Fiddle— Linn Stoneman                      (503) 594-2238</p>		<p>8:00 Strength Building ~ WR                      8:30 Water Aerobics                      9:30 Winnie’s Sit &amp; Be Fit                      10:00 Golf Putting ~ T/G                      2:15 Ai-Chi ~ Pool</p> <p style="text-align: right;"><b>1</b></p>	<p>8:00 Joggin the Noggin ~ AR                      9:30 Arthritis Pool Program                      10:00 Fall Prevention Class</p> <p style="text-align: right;"><b>2</b></p>	<p>8:00 Strength Building ~ WR                      8:30 Water Aerobics                      9:30 Bowling                      1:00 Strength Building – WR                      2:00 Tai Chi ~ AR</p> <p style="text-align: right;"><b>3</b></p>	 <p style="text-align: right;"><b>4</b></p>
<b>5</b>	<b>6</b>  <b>Labor Day</b> (Wellness Center Closed)	<p>9:30 Arthritis Pool Program                      10:00 Line Dancing ~ AR                      10:00 Fall Prevention Class</p> <p style="text-align: right;"><b>7</b></p>	<p>8:00 Strength Building ~ WR                      8:30 Water Aerobics                      9:30 Winnie’s Sit &amp; Be Fit                      10:00 Golf Putting ~ T/G                      1:30 Resident Meeting ~ AR                      2:15 Ai-Chi ~ Pool</p> <p style="text-align: right;"><b>8</b></p>	<p>9:30 Arthritis Pool Program                      10:00 Fall Prevention Class</p> <p style="text-align: right;"><b>9</b></p>	<p>8:00 Strength Building ~ WR                      8:30 Water Aerobics                      9:30 Bowling                      1:00 Strength Building – WR                      2:00 Tai Chi ~ AR</p> <p style="text-align: right;"><b>10</b></p>	<b>11</b>
<b>12</b>	<p>8:00 Strength Building ~ WR                      8:30 Water Aerobics                      9:30 Winnie’s Sit &amp; Be Fit-AR                      10:00 Golf Putting ~ TCT                      2:00 Tai Chi ~ AR</p> <p style="text-align: right;"><b>13</b></p>	<p>9:30 Arthritis Pool Program                      10:00 Line Dancing ~ AR                      10:00 Fall Prevention Class</p> <p style="text-align: right;"><b>14</b></p>	<p>8:00 Strength Building ~ WR                      8:30 Water Aerobics                      9:30 Winnie’s Sit &amp; Be Fit                      10:00 Golf Putting ~ T/G                      2:15 Ai-Chi ~ Pool                      3:00 Scrap-booking ~ AR</p> <p style="text-align: right;"><b>15</b></p>	<p>9:30 Arthritis Pool Program                      10:00 Fall Prevention Class</p> <p style="text-align: right;"><b>16</b></p>	<p>8:00 Strength Building ~ WR                      8:30 Water Aerobics                      9:30 Bowling                      1:00 Strength Building – WR                      2:00 Tai Chi ~ AR</p> <p style="text-align: right;"><b>17</b></p>	<b>18</b>
<b>19</b>	<p>8:00 Strength Building ~ WR                      8:30 Water Aerobics                      9:30 Winnie’s Sit &amp; Be Fit-AR                      10:00 Golf Putting ~ TCT                      2:00 Tai Chi ~ AR</p> <p style="text-align: right;"><b>20</b></p>	<p>8:00 Joggin the Noggin ~ AR                      9:30 Arthritis Pool Program                      10:00 Line Dancing ~ AR                      10:00 Fall Prevention Class</p> <p style="text-align: right;"><b>21</b></p>	<p>8:00 Strength Building ~ WR                      8:30 Water Aerobics                      9:30 Winnie’s Sit &amp; Be Fit                      10:00 Golf Putting ~ T/G                      2:15 Ai-Chi ~ Pool</p> <p style="text-align: right;"><b>22</b></p>	<p>8:00 Joggin the Noggin ~ AR                      9:30 Arthritis Pool Program                      10:00 Fall Prevention Class</p> <p style="text-align: right;"><b>23</b></p>	<p>8:00 Strength Building ~ WR                      8:30 Water Aerobics                      9:30 Walking Club                      1:00 Strength Building – WR                      2:00 Tai Chi ~ AR</p> <p style="text-align: right;"><b>24</b></p>	<b>25</b>
 <p style="text-align: right;"><b>26</b></p>	<p>8:00 Strength Building ~ WR                      8:30 Water Aerobics                      9:30 Winnie’s Sit &amp; Be Fit-AR                      10:00 Golf Putting ~ TCT                      2:00 Tai Chi ~ AR</p> <p style="text-align: right;"><b>27</b></p>	<p>8:00 Joggin the Noggin ~ AR                      9:30 Arthritis Pool Program                      10:00 Line Dancing ~ AR                      10:00 Fall Prevention Class</p> <p style="text-align: right;"><b>28</b></p>	<p>8:00 Strength Building ~ WR                      8:30 Water Aerobics                      9:30 Winnie’s Sit &amp; Be Fit                      10:00 Golf Putting ~ T/G                      2:15 Ai-Chi ~ Pool</p> <p style="text-align: right;"><b>29</b></p>	<p>8:00 Joggin the Noggin ~ AR                      9:30 Arthritis Pool Program                      10:00 Fall Prevention Class</p> <p style="text-align: right;"><b>30</b></p>	